



Summer of Pilates

Get lively with **JAN TAYLOR** during your vacation!

Enjoy increased flexibility, mobility, balance, and body awareness through this one hour Pilates class.

All levels welcome!

Truro Community Center

(7 Standish Way, North Truro):

Tuesdays (July 1 – August 12)

7:30 – 8:30 am

Tuesdays (July 1, 15, 22, and 29)

5:30 – 6:30 pm

Cost: \$10

Please bring your own mat!

www.getlivelynow.com

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